

BUS KILLER NOT CRIMINALLY RESPONSIBLE, P2



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EDMONTON • WEEKEND, MARCH 6-8, 2009 metronews.ca

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Some LRT service closed over next two weekends

MAINTENANCE Edmonton Transit will be temporarily closing down LRT service between the Corona and Health Sciences stations over the next two weekends.

Buses will run the routes between the two stations at 6 p.m. Friday as workers begin to test the track's overhead power lines.

Services will be shut down today through Sunday and March 13 through March 15.

Bus service will run every five minutes on Friday evenings and during the day on Saturdays. During Sundays and late hours on the weekend, buses will run every 10 minutes.

Regular LRT service will remain in operation from Corona Station to Clareview Station.

METRO EDMONTON

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Canada

• How are Employment Insurance offices dealing with an increased number of people applying for EI payments? pg 6
Next Week

• Anne Hines offers some odd money-saving tips.

Don't forget to turn your clocks ahead one hour on Sunday.



Chad Wentworth, the owner of the newly opened Chad Smoke Shop 420 in the Baseline Crossing shopping centre, poses with some of his extensive inventory. He also has stores in Olds, Leduc, and Brooks, Alta. County councillors are giving him no hassle, as he prohibits minors from entering his store and has frosted glass on his storefront.

Smoke shop cleared

Councillor OKs hemp store after it pledges to keep kids out

VICTORIA HANDYSIDES
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A county councillor has given the green light to a new crop of pot-gear pushers that have moved into town, applauding efforts to smokescreen products from children.

The frosted windows of The Chad Smokeshop 420 combined with strict legal age enforcement and a location on Sherwood Park's main commercial drag are enough to make narcotic naysayer Coun. Jason Gariepy nod in approval.

"In an ideal world, there would be no need for drug paraphernalia," he said. "But, seeing that those products are legal, if there is a way for those items to be sold, this is probably the best way."

Gariepy recently publicly bashed a Sherwood Park convenience store pushing pipes and bongs along with Slurpees, magazines and candy.

The pot-leaf emblazoned shop is in close proximity to two schools and advertises smoking accessories on a roadside sign.

Owners admittedly sell

pipes to teenagers 16 and older, and operate a Facebook page befriended predominantly by teens.

Gariepy is exploring legal implications of a brewing bylaw proposal that, if passed, will restrict the sale of drug paraphernalia within close proximity to schools, arenas and transit stations.

"I'm very opposed to pipe and bong stores being disguised as neighbourhood convenience stores," Coun. Gariepy said. "If you're a standalone store, follow good business practices and restrict access to

kids — that's appropriate."

The Park's newest head shop was designed with discretion, owners said.

"We didn't want to interfere with anyone," said owner Chad Wentworth. "We went about it in a professional way. We're not just some cheap store that threw some products in it hoping to make it."

All employees at each of Wentworth's four Alberta stores take Alberta Tobacco Act tests before starting work, he added.

Gariepy's proposal to council will likely be ready within 30 days, he said.

Edmonton named 2nd most deadly Canadian city

SURVEY Edmonton is the second deadliest major city in Canada, a survey by Maclean's magazine concludes.

The list of the "most dangerous cities in Canada" was released Thursday, and ranks each city regardless of population — a factor that a local criminologist said drastically skews the results.

"There may be some issues with how Maclean's gathers their material, but if their conclusion is that Edmonton is a dangerous city, they're right," said Bill Pitt, a criminologist at Grant MacEwan College.

Edging out Edmonton for murder capital of Canada is Port Coquitlam, B.C., with a population just under 60,000.

"The rising tide of violence in this city is getting worse," said Pitt. "This is the dangerous city and is becoming more dangerous. A lot of these attacks are going unreported. There's infinitely more violence going on."

The most dangerous city named in the survey is Saskatoon, followed by Winnipeg, Regina, Prince George, then Edmonton.

Crime rates tend to rise farther west, largely in the Prairies. Pitt attributes the trend to stricter policing where officers are more likely to lay charges, and elevated levels of alcohol and substance abuse.

He recommended readers compare their cities to those of comparable size when assessing the list.

VICTORIA HANDYSIDES
/ METRO EDMONTON

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A development appeal board has given a swingers club a green light to set up shop on 156 Street and Stony Plain Road, despite community opposition. The 4Play Club will operate a lounge out of the old Jasper Cinema, even though a community group filed an appeal against it. **METRO EDMONTON**

Local



Man tried to lure child: RCMP

Mounties in Sherwood Park are looking for a man who allegedly tried to lure a young girl at the Sherwood Park Mall last Friday. Police say a mother and her two daughters were in a store and a man approached one of the children and asked if she would go home with him. The mother pulled the girl away from the man and the family fled the store.

METRO EDMONTON

Cancer drug to be covered

VICTORIA HANDYSIDES
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Pleading colorectal cancer patients breathed a sigh of relief after a government decision Thursday to include a costly drug to its coverage list in April.

The drug Avastin is known to shrink tumours by cutting off the blood supply in some patients, while having little or no effect on others.

Still, suffering patients

Cost to province

- The decision is expected to cost the province \$4 million to \$5 million dollars each year.

like 32-year-old James Henderson were eagerly awaiting Thursday's decision.

"Things are going in the wrong order," said his father, Tom Henderson, from the Alberta legislature Thursday. "At times, I think it should be me on

that table, not him ... But this isn't just a pity party for my son — it's for every Albertan that needs it. We believe it's vital."

Henderson joined a group of cancer-affected families, who boarded a bus bound for the Alberta legislature yesterday.

A few revealed the grueling emotional toll and soaring medical bills amassed in acquiring the drug for their family members, all in the advanced stages of the disease.

"We didn't know how we were going to come up with that money, but wanted to start the treatment with the hopes that funding would come through before he finished his treatment," said Michelle Graham, whose husband, Ken, was diagnosed with inoperable stage four colorectal cancer in June 2008.

Ken has responded positively to Avastin, Michelle said. The drug costs the family \$4,000 each month.

RCMP need help with murder case

WETASKIWIN Mounties in Wetaskiwin are looking for help as they believe a suspicious vehicle was involved in the Darrel Domstad's murder Feb. 23.

Police believe a truck or an SUV was travelling near the scene of the crime may have been seen driving erratically.

Police are asking people to call Crime Stoppers at 1-800-222-8477.

METRO EDMONTON



Video Family of Greyhound beheading victim furious about ridiculous verdict in murder trial at metronews.ca/canada

Blogs Cast your vote for film's worst line of dialogue at Hollywood Rants.



Accidental fire causes \$500K in damages

JEFF CUMMINGS
jeff.cummings@metronews.ca

BLAZE A small blaze that was ignited by children playing with a lighter in the basement of a northend home Thursday turned into large flames that was visible from downtown Edmonton.

Flames and smoke were seen shooting out of the roof of the two-storey home at 149 Avenue and 84 Street as firefighters tried to douse the blaze through minus-double digit temperatures and howling winds.

Firefighters were called to the home around 10:17 a.m., but the blaze already engulfed the home as soon as crews arrived, said fire investigators.

The flames spread through the main floor of the home before it gutted the entire upper level causing \$500,000 in damages.

"The people next door, they came over in their



Firefighters try to extinguish a blaze at a northend home midday Thursday. Four people who were in the home were not injured

bare feet in the snow and they were freezing to death ... there were youngsters in their bare feet," said Urban Cheeseman, who lives next to the now gutted home.

"They said their house

was on fire, so we dialed 9-1-1 right away and we made sure everybody was out."

Cheeseman says a young family of six or seven people lived in the home.

Four people were inside

the home when the blaze began. Everyone escaped safely, including a dog, but a pet lizard died in the basement, say firefighters.

The Red Cross is looking after the family, say firefighters.

Bus killer not criminally responsible

VICTORIA HANDYSIDES
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RULING A judge has ruled the man responsible for one of the most horrific crimes in Canadian history will be sent to a mental health facility instead of prison.

The mother of 22-year-old beheading victim Tim McLean said it came as no surprise Vince Li was found not criminally responsible for the gruesome crime, but said he should still be held accountable.

"Whether he was in his right frame of mind or not, he still did the act. There was nobody else on that bus holding a knife, slicing up my child," Carol deDelley said.

Queen's Bench Justice John Scurfield ruled Li was clearly suffering a major mental illness when he killed McLean.

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Classes resume after flooding

The Alberta School for the Deaf will open its doors Friday, two days after a water-main break caused classes to be cancelled this week. **METRO EDMONTON**

4 local

Woman says thanks for life-saving work

MARISSA MIDDLETON
for Metro Edmonton

A local woman came forward yesterday to thank two members of EMS that she credits with saving her life after having a heart attack in November 2008.

Jane Protsack was reunited with two of the people on scene that day, paramedic Lori Young and EMT Seth Dodman, and she hugged them both.

"They're both angels and I'm so grateful for all the work they did on me so I'm able to stand here," she said with tears in her eyes.

After collapsing at work, it would take 40 minutes of CPR and six deliveries of electricity to restart Protsack's heart.

"We were hoping for a positive outcome," said Dodman. "After 40 minutes of CPR, it's not something that you see very often."



Jane Protsack, centre, holds back tears during a formal thank you she delivered at EMS headquarters on 105 Avenue and 105 Street to EMS paramedic Lori Young, left, and EMT Seth Dodman. The two revived Protsack after she suffered a heart attack.

"She wouldn't be here if they didn't do their job and didn't give up on her," said Donna Sledz, Protsack's daughter. "There are no words that can ever explain how thankful I am

for that." Protsack said another factor behind her decision to go public was the increasing number of women who are dying from heart attacks.



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the Bay

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Canada/World

Widow looks back fondly on marriage

SOLDIER Mishelle Brown isn't prepared to start talking about her husband in the past tense.

"I love him," she said in an interview yesterday in the small brick bungalow they shared in a quiet residential neighbourhood in St. Catharines, Ont.. "He doesn't have to be there for me to love him. He's dead. There's no ifs, ands or buts about that. But he's not dead in my heart."

The body of her husband, Warrant Officer Dennis Brown, will be flown Friday to Canada from Afghanistan, where he was killed.



Brown

Tags off at EI offices

Laid-off workers getting upset over payment waits

Riding the Recession

JESSICA SMITH
for Metro Canada

Some government workers at Employment Insurance offices have taken off their name tags as scores of recently laid-off Canadians are upset over being told their initial EI payments are backlogged.

Jeanette Meunier-MacKay, president of The Canada Employment Immigration Union (CEIU), said her members are informally reporting that at least half of EI claims are taking longer than Service Canada's standard 28 days to be processed.

However, the only region the union has statis-

Claims rise

• EI claims in December were up 16.6 per cent across Canada over the same month in 2007, according to Statistics Canada,

tics for is Atlantic Canada. By the end of February, out of Atlantic Canada's 30,000 outstanding claims, 8,000 were 29-days-old or older, and about 2,000 of those were 41-days-old or older, according to Jeannie Baldwin, regional vice-president of the Public Service Alliance of Canada, an umbrella union that encompasses the CEIU.

The government has "made significant efforts and investments" to deal with the increased number of EI claims, accord-

ing to an email sent by media relations on behalf of Human Resources and Skills Development Canada.

"For instance, we have hired additional staff, redistributed workloads across the country and recalled recently retired processing agents. We have also increased overtime, staff at EI call centres on Saturdays and the automation of claims processing," the email said.

Some people who are waiting for payments are "pretty stressed out and desperate" and cry to civil servants handling their claims, said Meunier-MacKay.

"Once they've filed for employment insurance they don't have any other income ... We've seen some clients having to go to food banks."

Jordan Victim of violence



A woman who was abused by her husband covers her face, so as not to be identified by her family, at the Sisterhood Is Global Institute office in Amman Thursday, ahead of the International Day for the Elimination of Violence against Women. The institute is a non-profit organization that aims to further the cause of women's rights worldwide.

White House casts Limbaugh as face of GOP

The White House has seen the enemy, and his name is Rush Limbaugh.

U.S. President Barack Obama's team is helping lead an effort to cast Limbaugh, a polarizing, conservative radio show host, as the Republican Party's new face, using campaign-style attacks against a high-profile target.

Democrats are taking advantage of a power void within the Republicans now that George W. Bush has passed from the scene.

The goal is to convince Americans that the party is

a shell of its former self and in the grip of its most narrow, right wing, in hopes of making independent-

ents and moderates think twice about switching allegiance.

And Limbaugh, whose daily show has the largest radio talk show audience in the U.S., is loving it. He is revelling in the chance to generate a wider audience,

demanding Obama debate him after saying he hoped Obama fails. "They need a demon to distract and divert from what their agenda is," he declared.

REUTERS

Russia, NATO resume trade

RUSSIA NATO agreed on Thursday to resume formal ties with Russia, suspended after Moscow's war with Georgia, in the hope of winning Russian backing for its struggle to stabilize Afghanistan.

"We can and must find ways to work constructively with Russia where we share areas of common interest, including helping the people of Afghanistan," U.S. Secretary of State

Hillary Clinton said.

Russia immediately welcomed the move, which was agreed at a meeting of NATO foreign ministers.

"This decision is positive," said its ambassador to NATO, Dmitry Rogozin, calling it "promising in terms of stability and security in Afghanistan." But he regretted that ties would only formally resume after an April summit.

REUTERS

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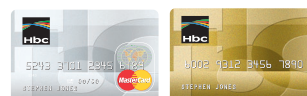
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THE **BAY**



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Comment & Views

Comment

Possible problems of purchasing a pooch

Marketplace

Wendy Mesley

metronews.ca/mesley

When Michelle Dean bought a Pomeranian puppy, she was expecting a happy, healthy dog. Instead, Michelle ended up with over

\$10,000 in vet bills. Her puppy had a parasitic infection, needed leg surgery and now, at just three years old, is going blind.

The pet store promised Michelle that her puppy was healthy and came from a reputable breeder. But as Michelle found out, dog-buyers should ask plenty of questions before purchasing a pet-store puppy.

Pet stores sometimes give customers assurances by showing them pedigree papers — a sort of family tree for dogs — which suggests

the dog is free of genetic defects and has had proper medical checks. But that isn't always the case. Pedigree papers aren't the same as a detailed medical check. If a veterinarian had examined Michelle's puppy, the leg problems might have been detected and Michelle would have known about the problem before buying.

Michelle got the impression from the pet store that her puppy was bred in a home or from a breeder that meets guidelines from the Canadian Veterinary

On the web

- For some tips to keep in mind when looking for your new best friend, check metronews.ca/mesley

Medical Association. But the CVMA doesn't endorse breeders, and as Michelle found out, her dog certainly didn't come from a warm and wholesome homestead.

Before being sold in a Canadian pet store, Michelle's puppy came from one of the largest pup-

py brokers in the U.S. It's called the Hunte Corporation, a massive Missouri facility that buys and sells roughly 90,000 dogs per year.

The real question is where was Michelle's dog bred? It came from a puppy breeder in Missouri with USDA violations. The puppies were raised in a shed that looks like a chicken-coop. And Michelle learned this breeder knowingly sells puppies with back leg problems to some puppy brokers.

None of this is supposed

to happen. Fifteen years ago, American and Canadian authorities had promised to crack down on bad breeding. Puppies coming into Canada are apparently checked at the border by veterinarians. However, no one can tell us exactly how many American dogs come into Canada or end up in our pet stores.

Wendy Mesley is a co-host of CBC News: Marketplace, Canada's award-winning consumer affairs show, and a regular back-up host with CBC News: The National. CBC News: Marketplace airs each Friday night at 8:30 p.m. on CBC Television.

Views

So, where are all these green-collar jobs?

UrbanAffairs

Terence Harding

metronews.ca/harding

Take a bow. According to Corporate Knights magazine, Edmonton is the No. 1 sustainable large city in Canada. I'm sure that information makes your heart beat fast.

For those of you who have other, more pressing, things to do than read the report, I'll endeavour to put this accolade into perspective for you.

Edmonton was ranked as

a large city and compared to Toronto, Montreal, Ottawa and Calgary. It looks good that when compared to a behemoth like Toronto, we lead the pack. Or so it would seem, until you actually look at the rankings.

The final score put Edmonton ahead of Toronto by .03 per cent. Still, a win is a win isn't it? But let's take a closer look at how the number was determined.

One of the five categories measured was something called environmental integrity. We were outscored by Toronto and Ottawa in that area and came pretty close to a tie with Calgary. We were also outscored by Toronto and Ottawa on governance, infrastructure and

social well being.

So how on earth did we come in first? Well, that's because in the area of economic security, we outscored Toronto by a significant margin.

Economic security refers to the health and growth of the economy in a way that balances the needs of all stakeholders, including the environment and the community. Success includes an abundance of responsible, viable businesses. Everyone who wants to work can do so, thanks to a proliferation of green-collar jobs.

I didn't realize that everyone who wants to work in Edmonton can, and I didn't realize there's a proliferation of green-collar jobs.

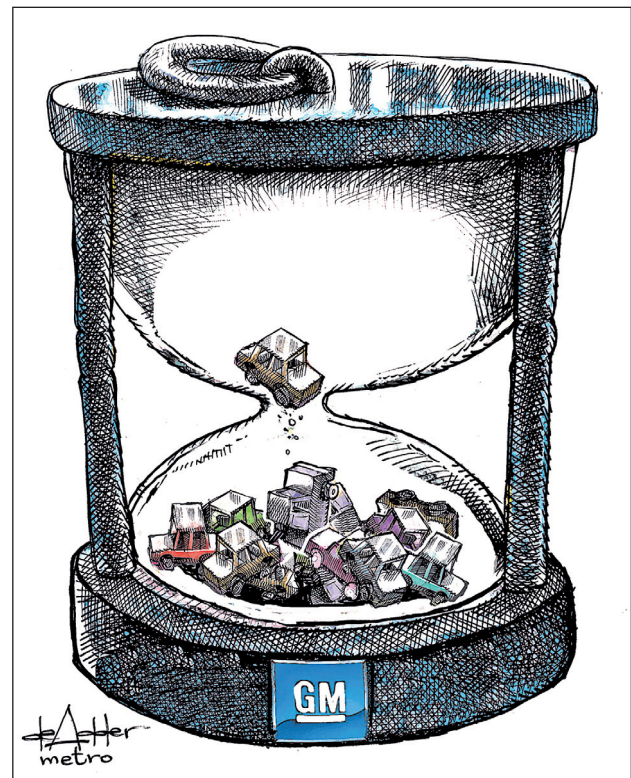
I thought much of the growth in Edmonton was fuelled by the oilsands, and I thought the number of civil servants in Edmonton was why we have a less-volatile job market than a city like Calgary.

I also thought we had major infrastructure problems related to a distinct lapse in maintenance. But apparently I was dead wrong.

It's because of the hard work, vision and creativity of our city council and administration that we are such a sustainable city.

Silly me.

Terence Harding is a corporate communicator and has been a radio and television talk show host, newspaper columnist, and radio commentator. He's a keen observer of all things Edmonton; edmontonletters@metronews.ca.



It's your turn to tell others what you think. Email your thoughts and opinions to: edmontonletters@metronews.ca

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Coke pays '08 CEOs \$4.5M bonuses

Coca-Cola Co. paid two chief executives from 2008 \$4.5-million US bonuses that were purely discretionary, according to a regulatory filing. **REUTERS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

GM viability in doubt

Cash burn, need for financing draw warning

General Motors Corp. yesterday said its auditors had raised "substantial doubt" about its ability to survive outside bankruptcy if it fails to stem its losses and stop burning cash.

The "going concern" warning from the struggling automaker had been expected, but underscored the stakes for GM as it seeks up to \$30 billion US in government aid in the United States to restructure outside a court-supervised bankruptcy process.

GM's shares dropped 17 per cent to \$1.82 on the New York Stock Exchange as investors reacted to the news.

CAW talks

• The Canadian Auto Workers union said yesterday it will begin exploratory discussions with GM to find cost savings to help the company qualify for government loans.

GM said its creditors had agreed to waive a requirement that could have allowed them to force the automaker to repay more than \$6 billion in loans because of the warning in order to allow GM to press its case for government aid.

The automaker had

warned late last month that it expected auditors Deloitte & Touche would question its viability after it reported a loss of nearly \$31 billion for 2008.

The disclosures came in GM's delayed annual report to U.S. securities regulators and a 25-page discussion of the growing risks facing the automaker ranging from tight credit and troubled suppliers to slumping demand.

GM has about \$1 billion in convertible debentures that mature on June 1. Absent a deal to restructure its debt, that looming payment could force GM into bankruptcy, it said. **REUTERS**

Credit, debit card probe approved

FINANCE A House of Commons committee agreed yesterday to launch a sweeping probe of the credit and debit card industries, a move critics say will pressure the federal government to regulate Canada's payments industry.

Liberal MP Anthony Rota convinced the standing committee on industry, science and technology to undertake a study of credit card interchange fees and the debit payment system.

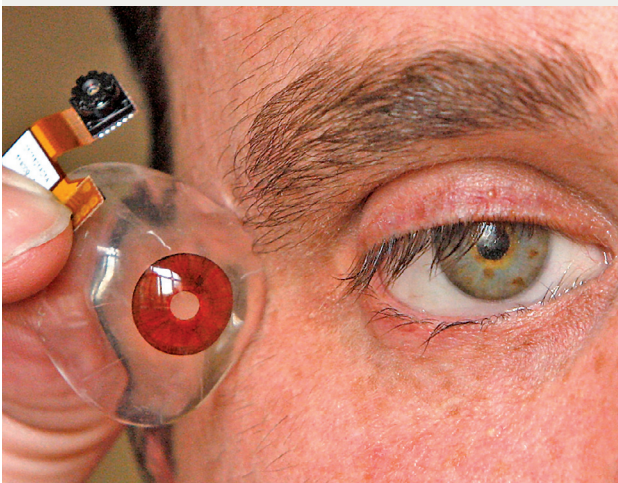
The committee plans to make recommendations that could serve as the basis for future legislation.

Rota said the catalyst for his motion was the Interac Association's desire to become a for-profit entity — an idea that critics say will lead to higher fees for businesses and consumers.

He said it is also vital to investigate interchange fees — the behind-the-scenes cost that banks charge each other to conduct a transaction — because they can be passed on to consumers.

TORSTAR NEWS SERVICE

Belgium Eye-camera unveiled



Canadian filmmaker Rob Spence, who lost his right eye when he was a child, shows a prototype of a prosthetic eye that will be transformed into a video camera in Brussels, Belgium, yesterday. By using his eye as a wireless video camera, Spence wants to make a documentary about how video and humanity intersect, especially with regards to surveillance.

1 in 8 U.S. homeowners in trouble

HOUSING About one in eight U.S. homeowners with mortgages, a record share, ended 2008 behind on their loan payments or in the foreclosure process as job losses intensified a housing crisis spawned by lax lending practices, the Mortgage Bankers Association said yesterday.

Duress is no longer iso-

lated to borrowers with lower credit quality. As joblessness grew, so did late payments on prime fixed-rate loans that represent two-thirds of mortgages.

The government's \$275-billion US housing stimulus will standardize modifications for distressed loans and pave the way for more refinancing.

REUTERS

Business in brief

AIG U.S. regulators failed to spot how much risk insurer AIG was piling on, and by the time they understood, they had no choice but to pour in

tens of billions of public dollars, officials said yesterday.

BANKRUPTCY Magna Entertainment Corp. said yes-

terday it has filed for bankruptcy protection in the United States and has sought court recognition of that status in Canada.

REUTERS

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The American Hockey League has suspended Steve Downie of the Norfolk Admirals 20 games for striking an official with a stick on Feb. 28. Downie has been in trouble several times before, and was suspended 20 games by the NHL for elbowing Ottawa Senator Dean McAmmond in a 2007 pre-season game. **METRO NEWS SERVICES**

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA



Surgery or no surgery?

Alex Rodriguez has a torn hip labrum and a cyst, but the New York Yankees are opting against surgery for the moment. Rodriguez's brother, meanwhile, told ESPN Thursday that he will undergo surgery, which would cause him to miss up to 10 weeks. Either way, A-Rod will not play for the Dominican Republic in the World Baseball Classic.

METRO NEWS SERVICES

Oilers doubled up

NHL RESULT

Senators 4 Oilers 2



THE SKINNY: The Senators are sad sacks in the Eastern Conference, but they defeated the Oilers for the second time this season by jumping out to a 3-0 lead on goals by Jason

Spezza, Mike Comrie and Chris Campoli, handing Edmonton its fourth-straight road loss.

THE QUOTE: "The guys did an awesome job in front of me," said Ottawa stopper Brian Elliott, who made 24 saves for the win. "The shots were from the outside and I saw everything."

THE BIG PLAY: Spezza took an errant Denis Grebeshkov

pass off the boards, raced in and tucked a backhand past Dwayne Roloson to give Ottawa a 1-0 lead just 12 seconds into the game. The Senators never looked back.

TWO FOR SAM: Sam Gagner scored both Edmonton goals and had another one disallowed. Gagner's night also included a top lip full of stitches, courtesy of a first-period check by former Oiler captain Jason Smith.



Ottawa's Mike Comrie scores on the Oilers Thursday night.

MOREAU TO IR: Captain Ethan Moreau has been placed on injured reserve with the injury to his right eye that he sustained against Minnesota Feb. 28.

THE NEXT GAME: The Oilers face the Maple Leafs in Toronto tomorrow.

ROBIN BROWNLEE
/FOR METRO EDMONTON

Sports in brief

NFL The Dallas Cowboys have released wide receiver Terrell Owens. Owens spent the last three seasons with Dallas and played in 16 games in 2008, making 69 catches for 1,052 yards and 10 touchdowns as the Cowboys missed out on the playoffs. "We have made a decision to move forward without him," Cowboys owner Jerry Jones said. "In the aftermath of the season, we talked about change." **METRO NEWS SERVICES**



Owens

Albertan hoping for a Dooms day at UFC 96 Saturday

LAURENCE HEINEN
for Metro Calgary



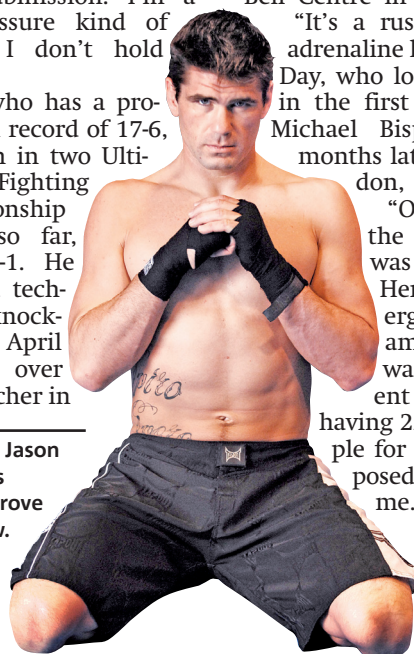
Jason (Dooms) Day will have his hands full when fighting Kendall (Da Spyder) Grove at UFC 96 tomorrow in Columbus.

Flashy nicknames aside, Day predicted that his bout against Grove should be a quick one either way. "It should be a good, hard fight," said Day, who moved to Calgary from Lethbridge last September to prepare for the fight. "I

see it ending in knockout or a submission. I'm a high-pressure kind of fighter. I don't hold back."

Day, who has a professional record of 17-6, has been in two Ultimate Fighting Championship events so far, going 1-1. He scored a technical knockout in April 2008 over Alan Belcher in

Calgarian Jason Day fights Kendall Grove tomorrow.



front of 22,000 fans at the Bell Centre in Montreal.

"It's a rush. It's an adrenaline high," said Day, who lost by TKO in the first round to Michael Bisping two months later in London, England. "Over there the energy was still crazy. Here the energy was amazing. It was a different feeling having 22,000 people for me as opposed to against me."

This time the six-foot-one, 185-pound

"I'm a high-pressure kind of fighter. I don't hold back."

Jason (Dooms) Day

fighter will take on one of his toughest opponents yet. Grove, who won the third season of the reality show The Ultimate Fighter, weighs the same as Day but is five inches taller.

"He's really scrappy," Day said. "He's a tough guy. He doesn't go down easy." Day took up the sport seven years ago and trained out of the Canadian Martial Arts Centre in Lethbridge where an onlooker gave him his "Dooms" Day nickname.

"It grew on me," said the 29-year-old native of Fort MacLeod, who has since moved north to Calgary to

train with Brian Bird, a black belt in Brazilian Jujitsu. "He's sharpening up my ground skills."

Day also credited Calgary-based trainers Eric DeGuzman and Tanya Lee for preparing him for his upcoming fight.

"Calgary's solid," Day proclaimed. "I fell in love with the city. It has everything I need. I surrounded myself with really good people there so I have good energy."

Day is finishing up his training in Hammond, Ind., with Miguel Torres.

"He's got a ton of great guys for me to train with, so it's a good environment," said Day, who's tried to cut out any and all distractions.

"I don't have to deal with anything. I can just focus on my fight."

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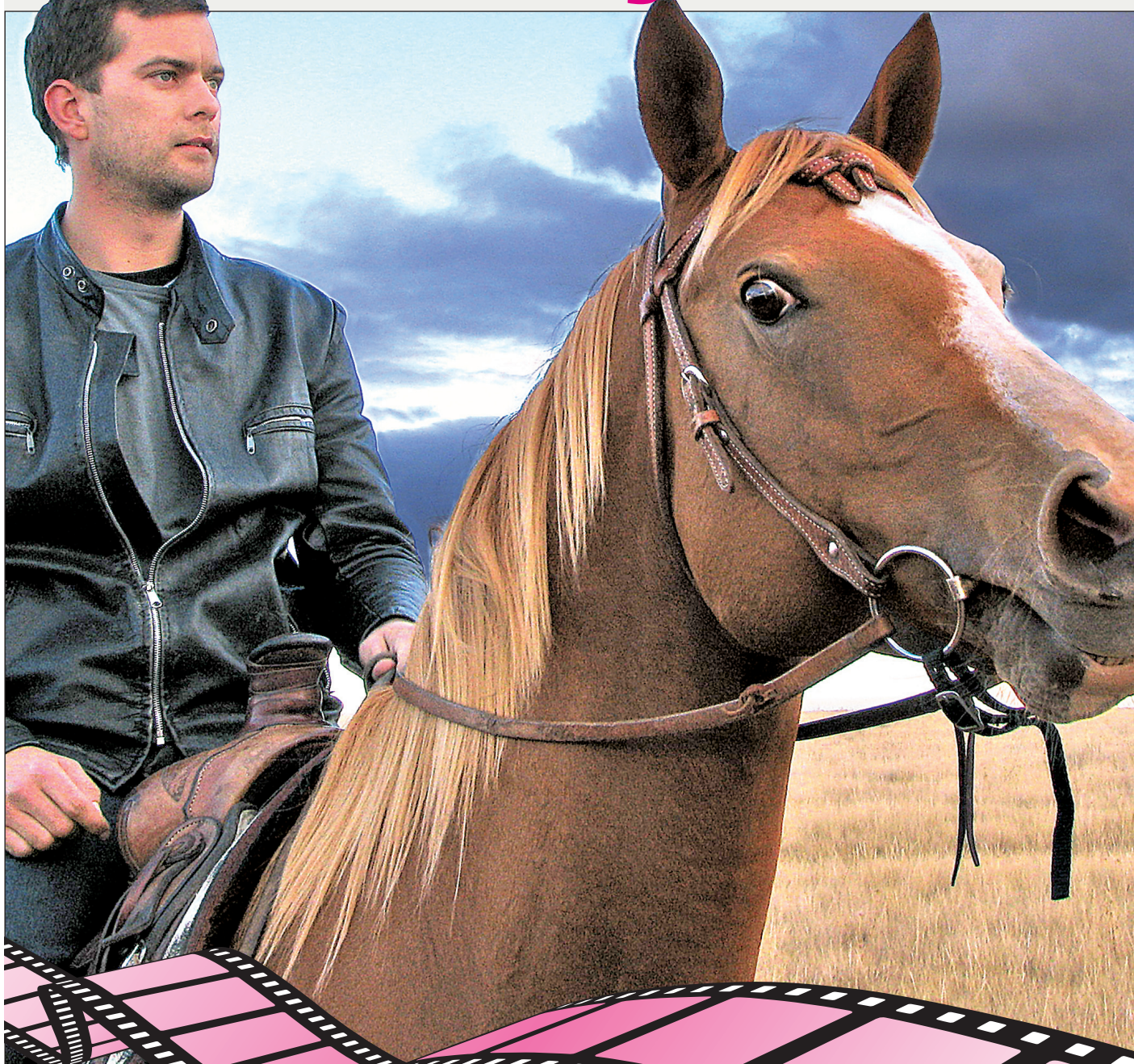
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Movies & Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

True North strong and free Pg 12



One Week is your typical road trip flick but the humble practicality of it all is patently Canadian and diverges joyously from other Hollywood productions of the genre. Joshua Jackson and the film's cinematographic scope are both wonders to be seen.

movies

Pg 12



Watchmen big, ballsy and sometimes overwhelming.

music

Pg 20



Neko Case describes the Canadian twang in her tunes.

7th heaven

Pg 21



PS3's latest sci-fi battlefield one of the most realistic.

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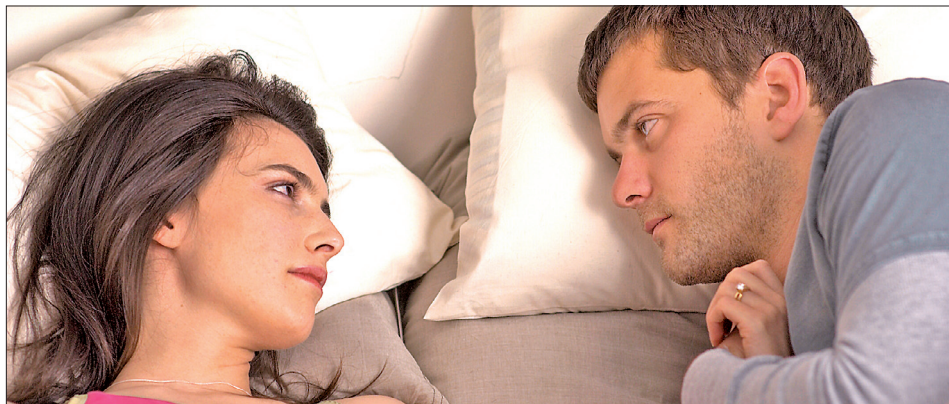
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Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR



Liane Balaban and Joshua Jackson star in the Canadian film One Week.

Canadian charm Week's highlight

One Week

Director: Michael McGowan

Stars: Joshua Jackson, Liane Balaban

Classification: PG

Rating: ●●●●½

ROBYN YOUNG
for Metro Canada



One Week, starring Joshua Jackson, is a triumphant little film that neither flaunts the fact it is Canadian nor tries to conceal it.

From Toronto to Tofino, B.C., the cinematography reveals the country's true beauty in modest, Canuck fashion that is not overdone but reminds you why it's so much better to live here than anywhere else.

When Ben Tyler (Jackson) learns he's dying from an aggressive form of cancer and has little time left to live, he hops on a motorcycle he purchased on his

way home from the doctor's office and heads west.

He leaves his practical and adoring fiancée Samantha Pierce (Liane Balaban of New Waterford Girl) behind and hits the road.

The 20-something Toronto English teacher figures he's going to die anyway and wants to hold off on the inevitability of agonizing treatment for as long as he can.

Jackson delivers an award-worthy performance and develops a character that is simultaneously pensive and sombre, reckless and joyful as he grapples with the reality of his death sentence.

One moment he shudders in tears and anger at the side of the road after his bike breaks down; the next he performs a ridiculous "happy dance" after surviving a wipeout without so much as a scrape.

Writer and director Michael McGowan ensures

the protagonist is neither hero nor victim and Campbell Scott's narration of the journey adds flow and insight to Ben's character.

And although it's your typical road trip flick, the humble practicality of it all is patently Canadian and diverges joyously from other Hollywood productions of the same genre.

Tying it all together are the country's ubiquitous "world's biggest" landmarks Ben visits on his quest to find meaning including Sudbury's Big Nickel and Medicine Hat's giant Teepee. He also meets a variety of interesting characters along the way like The Tragically Hip's frontman Gordon Downie and Halifax singer/songwriter Joel Plaskett.

The film is a piece of Canadiana to be proud of that showcases the country's diversity while following a universal story about life and death.

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Watchmen is bold but bewildering

Watchmen

Director: Zack Snyder

Stars: Jackie Earle Haley, Billy Crudup

Classification: 18A

Rating: ●●●●½

CHRIS ALEXANDER
for Metro Canada



REVIEW Fanatics of Alan Moore's groundbreaking graphic novel Watchmen hold the text in such pious geek reverence that bringing the property to the big screen has been nothing short of intimidating.

And yet, finally, after two decades of hand changing, here it is in

all its big, bloody and ballsy allegorical glory. The grim, noir laced phantasmagoria of faded superheroes and the various inter-personal demons they battle is, under the guidance of 300 director Zack Snyder, a decidedly faithful adaptation.

And while it will no doubt please most of those fickle panel-framed fans, the uninitiated might find it all a bit overwhelming.

Watchmen paints an abstract portrait of a world teetering on the brink of destruction. It's 1985: Nixon is in his third presidential term and cold war tensions between Russia and the U.S. are at an all time high. Nuclear annihilation appears imminent.

In the peripheral of this volatile alternate reality lurks a handful of aging and deeply troubled former costumed vigilantes who, after one of their brethren is murdered, begin banding back together to save themselves and the planet they once swore to protect. But all is not what it seems in

this weird world and the lines between good and evil are anything but defined.

Watchmen is a major work of dark fantasy, throbbing with intellect and oozing retro/futurist style. It might be the boldest genre hybrid since Blade Runner, but it's also jarringly episodic, confusing and occasionally, dramatically inert.

However, every time the picture starts to lag, another slab of revolutionary visual bravado explodes into frame, redeeming all trespasses and dazzling the senses.

It also boasts the single hottest sex scene since Nicholas Roeg's Don't Look Now, an urgent, kinky and absurd sequence that alone is worth the price of admission. And, on that note, be warned: Watchmen is decidedly adult fare.

On the web

For photos, trailer and screen times for Watchmen, visit metronews.ca/movies



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Steve Carell has signed on to star in Hi-t, a new comedy for Warners. In the film, Carell's character suffers an injury which leaves him requiring regular injections of testosterone, causing him to suffer extreme mood swings as a result. **EMPIREONLINE.COM**

Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR



Dwayne Johnson, a.k.a. The Rock, plays a cab driver in the family-friendly *Race to Witch Mountain*.

Rock solid family guy

Action hero in G territory with *Witch Mountain*

STEVE GOW
for Metro Canada



Plan, Dwayne Johnson made a full conversion from winning championship belts and grappling with greased-up gladiators in a

Shortly after he starred in the Disney hit *The Game*

wrestling ring, to stealing the title of *King of the Family Comedy*.

Now, with no less than two family-friendly films about to come out, the former WWE champ — known as The Rock — won't admit it's a sign he's gone soft.

"It just so happens that I've been offered these roles and they happen to be in a family setting," admitted Johnson during a recent interview in Las Vegas.

"I also love the idea that if you're going to make a family movie and you do it right, then there's a character on screen that every member of the family can relate to."

First up for families is *Race to Witch Mountain* (in theatres next Friday), a reimagining of Disney's 1975 classic *Escape to Witch Mountain*. In this family adventure, Johnson plays a cab driver who escorts a pair of strange teens with paranormal powers in their quest to save the world. It's a thrilling tale that delves into the mysteries of UFOs and extraterrestrials — a phenomenon

Movie feature

Johnson believes in.

"I'd be arrogant to think that we are the only life forms out there," said the actor who researched the subject prior to filming. "When you see this footage and you delve deep into that culture, I've got to contest that you'd be really amazed at what you find."

"I do believe there are other life forms out there. I've never actually seen an alien but I was a big believer before the movie ... and a big believer after."

The one-time WWE champion will next be starring in *The Tooth Fairy* — a comedy about a belligerent hockey player who is forced to become the mystical magic wand-waving title character.

"We're going to introduce the world to our version of the tooth fairy and it's me," laughs Johnson at playing the wholesome tutu-donned pixie. "Whatever you have in your mind and as funny as you think that is, well, it's going to eclipse that."

J O S H U A J A C K S O N



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Miss March creators go from YouTube to the big screen

STEVE GOW
for Metro Canada

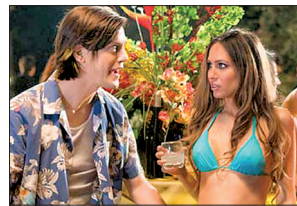


FEATURE How do you land a deal to write, direct and star in your own movie with a major film studio? Well, upload your funniest gags on the Internet of course. Hey, it worked for Trevor Moore and Zach Cregger.

Two-fifths of the sketch comedy troupe Whitest Kids U Know, Moore and Cregger somehow went from uploading wacky homemade videos on YouTube to signing a major deal to make the comedy *Miss March* (in theatres next Friday).

"We owe everything to the Internet," admitted Moore during a recent interview in Toronto. "We started putting our stuff online (right around the time YouTube launched). There wasn't a whole lot of sketch comedy on YouTube yet so we kind of benefitted from just being there right at the beginning."

That they did. But with all the Kids' fame (their web page claims over three mil-



A scene from *Miss March*.

lion monthly visitors after all), stepping straight into the shoes of big-screen big-wigs would not be an easy adjustment.

"Our show's a low-budget program that I think we make it look really good for the amount of money that we spend on it but our crew is probably 20 people," said Moore. "When we got to the movie, there's like 80 or a 100 people that are all running around ... it was a little overwhelming."

Eventually, Moore and Cregger got over their daunting task and put forth a teen comedy about a young guy who awakens from a coma only to be whisked off on a zany road trip by a pal bent on reuniting him with a high school sweetheart-turned-Playboy centerfold.

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George Fontanills, founder of Optionetics, is a Harvard-educated, internationally renowned best-selling author, and options trading expert.

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The bestselling albums at Amazon.ca
1. No Line on the Horizon, U2; **2.** Slumdog Millionaire soundtrack; **3.** Raising Sand, Robert Plant & Alison Krauss; **4.** Astral Weeks: Live at the Hollywood Bowl, Van Morrison. **METRO NEWS SERVICES**

Music

Metro recommends

• **K'NAAN, TROUBADOU:** Innovative Toronto-raised MC deftly fuses rap, rock, reggae and pop elements with smooth rhyming skills.



• **WAR CHILD PRESENTS HEROES:** Alt-rock all-stars including Peaches and TV On The Radio radically rework classic tunes for charity.



• **EMMA-LEE, NEVER JUST A DREAM:** Lee's sultry voice gives a '50s crooner feel to these sublimely jazzed-up love songs.



METRO NEWS SERVICES

Tearing up the dance floor

Shout Out Out Out Out mash minimalist beats, techno synths and catchy lyrics

BRYAN BORZYKOWSKI
for Metro Canada



When I catch Nik Kozub, co-founder of Edmonton electro group Shout Out Out Out Out, on the phone he tells me he's about to go to work. I was confused — isn't he about to release his band's new album? Why's he recording again? He quickly sets the record straight. "I'm mixing my dad's album," he explains. "He brings me to work on his records."

His father, Wilfred Kozub, frontman for Wilfred N & The Grown Men, has been making rock music since the early '80s, and while the two haven't collaborated on a song yet, it's pops that's responsible for his son's love of club beats and synth sounds.

"I grew up around an 808 (a digital drum machine) and a lot of my



Edmonton electro group Shout Out Out Out Out dropped new album Reintegration Time this week.

synths were inherited from my dad," says Kozub.

While the E-Town songwriter has made his name twisting knobs and slamming keys with the Shout Outs, his love for everything electronic is a recent development. The band is made up of recovering rockers — Kozub played with Luke Doucet in Veal — so when the six-piece saw their debut disc, Not

Saying/Just Saying, receive critical acclaim and a Juno nom they were floored.

"We certainly didn't expect anyone to care," says Kozub. "We started the band as something different and interesting for us as individuals who have played in a bunch of rock and punk bands for years."

Now that the project has turned into a full time job, the group has gotten seri-

ous about their new record Reintegration Time. It picks up where their last disc left off — brooding minimalist beats, techno heavy synths and catchy, but not overpowering lyrics.

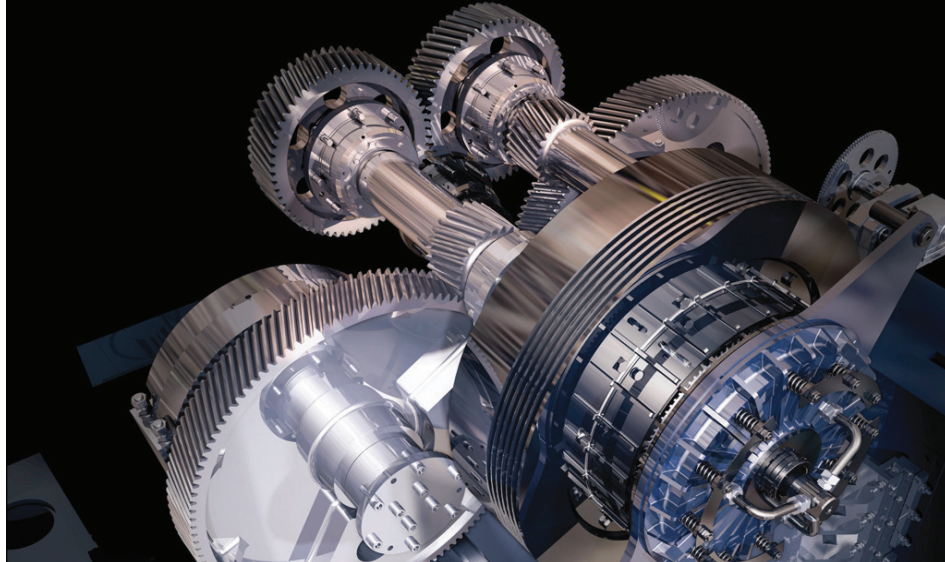
Getting the sound they wanted this time around wasn't as easy as it was before. The Shout Outs were so careful about crafting the right disc, it took them six months to get it done.

"It took us a lot longer than we thought," says Kozub. "One thing we wanted to do this time around was create a dense and textural disc, with more of a focus on the electronic music side of things."

While it's too early to say whether all the hard work will result in a Juno win this time around, it's a safe bet that more and more fans will flock to these rockers-turned-dance floor fanatics.

"A lot of people who have traditionally grown up listening to rock bands are now seeing that dance music is pretty fun," says Kozub. "But I think for a lot of people they still like to have a live band element. Sure, our band is trying to make full on techno music, but just because we are who we are we can't help but put a live band feel to what we're doing."

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*SOME EXCEPTIONS • SELECTION VARIES BY STORE • SOME ITEMS NOT EXACTLY AS ILLUSTRATED • WHILE SUPPLIES LAST • SEE STORE FOR DETAILS



Great Big Sea's Alan Doyle has been tapped to appear in the upcoming Ridley Scott/Brian Grazer Robin Hood film starring Russell Crowe and Cate Blanchett. Doyle will appear as Allan A'Dayle in the film. **METRO NEWS SERV-**

Music

Cyclone force

Neko Case blends folk, country on new disc

BRYAN BORZYKOWSKI
for Metro Canada

You can't blame anyone for thinking that alt-country songstress Neko Case is Canadian — she recorded parts of her new album in Toronto, she's the main female singer in Vancouver-based power pop band The New Pornographers, she has a degree from a B.C. university — but, and I hate to break it to you, she's a full-blooded American.

The Virginia-born singer-songwriter hasn't actually lived in Canada since 1998, but that doesn't mean she doesn't hold the Great White North in high regard.

"It's definitely a huge part of my consciousness," she explains. "When I was a little girl I thought I was Canadian. We lived on the border and only had CBC."

"When I was a little girl I thought I was Canadian. We lived on the border and only had CBC. I'm American, but I feel like I'm North American."

Neko Case

I'm American, but I feel like I'm North American."

While Case currently resides on a large farm in Vermont ("I like farms and the wilderness and the trees," she says) she doesn't rule out a return to Canada — but only if our immigration rules change.

"I'm not willing to get married to move somewhere, but if Canada lets me in full time, I would do it," she says on the phone from her U.S. abode.

Until that happens, Canadians can only hope that the red haired guitarist will keep churning out records, both solo and with the New Pornographers, and visiting her other homeland for

gigs.

Unfortunately, it took three years for Case to release *Middle Cyclone*, the follow-up to *Fox Confessor Brings the Flood*, so don't expect another disc from her for a while. She says it's impossible to release music any faster.

"I have another full-time

NEW SHOW!
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band," she says. "And I

done." Luckily, each solo disc is worth



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Middle Cyclone, the new album from Neko Case, was released this week.

like to keep touring. I like to milk it. I don't work on a schedule, I just record when the Pornographers are

the wait. Her latest delivers another batch of twangy folk-meets-country tracks, each one more infectious than the next. Case says the new disc is about love, but it's not what you think.

"It's not the man-woman relationship song," she says. "I don't think I'm very good at writing those types of tunes. I generally write about situations and characters, or when it's a tornado in love with a person."

She's not kidding, more

than one song discusses tornados, while others delve into the relationships between people, nature and animals. Case isn't sure why she was drawn to violent wind storms, but maybe it has something to do with her second home.

"I've been obsessed with tornados and I've always liked nature and animals," she says. "Maybe it's part of my Canadian subconscious. I've got some Canadian in me and I need to let it out."

The art of the comedy band

BRYAN BORZYKOWSKI
for Metro Canada

If you think it's hard being a singer in a rock band, imagine trying to hit every note and make your audience laugh at the same time. It's a task only musical comedy acts have to face, and it's not as easy as it looks.

"A lot of people do really bad musical comedy," says Sean Cullen, one of Canada's most popular comedy singers and a former member of Corky and the Juice Pigs. "A lot of people tend to pick up a guitar and sing a song; it's often quite terrible."

When it's done right, though, joke bands can win over fans in both the music and comedy worlds. Just look at New Zealand duo Flight of the Conchords, who not only launched the second season of their hilarious TV show on Jan. 18, but won a Grammy for best comedy album last year.

Other acts — Tenacious D, Andy Samberg's *The Lonely Island* — are making it easier for up and coming artists to connect with audiences, which, says Cullen, are often weary of musical

"You want it to be funny and people need to personally connect with it. You want it catchy, and so you have to write a good song."

B.A. Johnston

comedy bands.

But, getting to the point where an act can play theatres or packed clubs is no easy task, especially when comedians look down on joke acts, and the music community avoids comedic bands at all costs.

"Standups think musical comedy is a hacky thing to do. They think it's cheating," says Cullen. "And ever since we've started we've had musicians saying they hate joke bands."

"I never get respect from the media or booking agents," adds Hamilton-based B.A. Johnston, who tours bars rather than comedy clubs. "CBC Radio 3 wouldn't interview me cause they thought I would swear on air. I thought that was odd."

Winning people over is



B.A. Johnston plays Edmonton's Wunderbar on March 21.

challenging, not just because these acts have to make their audience laugh, but they have to write good music too. John Catucci, one half of Toronto's *The Doo Wops*, writes everything from emo to pop and heavy metal. But when it comes down to it "if the song isn't good it just doesn't fit," he

says. "A good song and good funny lyrics, they mix into one."

"You have to appeal on a couple levels to be really successful," Johnson adds. "You want it to be funny and people need to personally connect with it. You want it catchy, and so you have to write a good song."

The biggest week in Canadian Music

SoundCheck

Alan Cross

alan@ongoinghistory.com

Next Wednesday, Canadian Music Week, the biggest, most exhausting and exasperating music festival in the country lands in Toronto. Close to 600 performers from all over the world will showcase their stuff for fans, hipsters, managers, publishers, radio folk, journalists, bloggers, video channels and record weasels. And they'll do it at one of nearly 50 venues over the course of just five nights.

So for those not heading to Toronto next week, I've compiled a list of bands most likely to make some noise at CMW. Watch for them in your town.

• **The Waking Eyes:** This Winnipeg band's albums are very good, but they're best experienced live. They're turning into our own Flaming Lips.

• **Kate Rogers Band:** I've been watching London,

Ont.'s Kate Rogers for a while now. Don't be fooled by her gentle acoustic sound. There's some real intensity below the surface.

• **Fred:** A five-piece from Cork, Ireland, of whom not a single member is named Fred. Fun and intelligent pop-rock. Three top 10 hits and a gold record at home, too.

• **Inward Eye:** Laid end-to-end, Winnipeg's Erickson brothers give you more than 20 feet of Who-like awesomeness.

The Ongoing History of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

TOP 10 MOBILE DOWNLOADS

- 1 Crack A Bottle Eminem
- 2 Live Your Life T.I. ft. Rihanna
- 3 Right Now Akon
- 4 Right Round Flo Rida
- 5 Heartless Kanye West
- 6 Single Ladies Beyoncé
- 7 Poker Face Lady Gaga
- 8 Love Story Taylor Swift
- 9 Sex On Fire Kings Of Leon
- 10 Untouched The Veronicas

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Holly Madison on Dancing With The Stars
US magazine is reporting that Holly Madison is joining the cast of Dancing With the Stars. There is speculation Madison could replace Jewel, who has been struggling with knee problems. [USMAGAZINE.COM](#)

Television

Mix of Six

The Eagles

When: Saturday at 8 p.m.
Where: Rexall Place

In a New York minute, fans will more than likely flood Rexall Place to see this legendary rock band. After a number of album hits in the 1970s, the band broke up in 1980. However, the Eagles reunited in 1994 to record Hell Freezes Over. Tix are \$114 to \$230.

Edmonton Science Olympics

When: Saturday
Where: Shaw Conference Centre

Students from Grades 1 through 12 will be given a number of applications or problem solving challenges to learn about the fun side of science. For more information call 780-426-3990.

6th Annual Downtown Dining Week

When: Sat. through March 15
Where: Downtown restaurants

This week, Edmonton's Downtown Association, offers up some of the best eats in the city's dynamic food scene. For more info, check out edmontondowntown.com.

Star Party

When: Saturday, after dark
Where: Coronation Park

Explore the night sky with all the beauty and mystery at Coronation Park's observatory. The observatory offers a collection of telescopes and viewing devices and people have an opportunity to walk in the park with local astronomers. Go to Winterlight.ca for more.

Antique Roadshow

When: Saturday, 1 to 4 p.m.
Where: Riverbend Library (460 Riverbend Square)

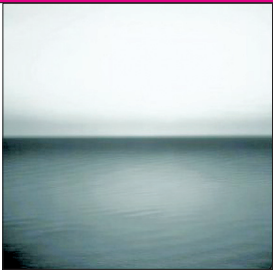
Do you have an item buried in the basement that might be worth a bit of cash? Arthur Clausen from Arthur Clausen & Sons Auctioneers might be able to help you out for free.

2009 Edmonton Jewish Film Festival

When: Sunday
Where: Royal Alberta Museum
From feature dramas to timely documentaries, organizers with the with this year's Jewish Film Festival say the event is guaranteed to appeal to a wide audience base. Tickets are available at Tix on the Square of the Jewish Federation of Edmonton.

Metro's 7th Heaven: What's hot right now

1 No Line On The Horizon: U2
ALBUM In the pop culture sphere this week, there's nothing bigger than the 12th full-length effort from the world's biggest band. Critics may be divided over the relevance of the Irish lads but their week-long residency on David Letterman is reasons enough to pay attention.



2 Watchmen
FILM The superhero movie genre takes another leap forward with this dark, existential tale of reluctant vigilantes. True to the spirit of the original graphic novel, the Zack Snyder-helmed film does away with caped crusader niceties.

5 Killzone 2
GAME This PS3-only showpiece is right on target with its to-die-for visuals, using the console's raw power to the max. Minutely detailed textures, near-perfect explosion effects and impeccable cinematography combine for one of the most realistic sci-fi battlefields ever presented in a game.

3 Late Night with Jimmy Fallon
SHOW Conan O'Brien's comic mantle fell on Saturday Night Live veteran Jimmy Fallon, and the Fever Pitch star seems to have rocked the coveted slot. In fact, Fallon beat CBS' Late Late Show with Craig Ferguson by a 35 per cent margin in their first head-to-head clash Monday.

6 The Bachelor twist
TV Eligible guy Jason Mesnick proposes to show winner Melissa Rycroft, dumps her a few weeks later and goes for runner-up Molly Malaney. Producers of the reality series tape the "shocker."

4 Rihanna/Chris Brown
GOSSIP The rumour mills are working overtime to get the juice on the alleged violence between the R&B couple and the reconciliatory aftermath. According to the grapevine, wedding talk is in the air. Next up: Baby news?

7 M.A. on The Beatles
EDUCATION If the Fab Four is your calling, then this new degree program from the Liverpool Hope University might just be the way to go. It may not be the best career move, but hey, that term paper on I Am The Walrus sure sounds like fun.

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FRIDAY

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/6/09	2	CFRN	239 318	etalk	Hollywood	Raising the Bar (N)		Ghost Whisperer (N)		Flashpoint (HDTV) (N)		News (N)
	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Howie Do It (N)	Howie Do It	Friday Night Lights (N)		Dateline NBC
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Rick Mercer	Marketplace	CBC News: the fifth estate (N)		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	The Doctors (N)		Ghost Whisperer (N)		Flashpoint (HDTV) (N)		NUMB3RS
	7	CKEM	241 347	Law & Order: SVU		Man Tracker		Survivorman		Out There	Out There	Your City
	8	CITV	240 339	ET Canada	Entertainment	NUMB3RS "First Law"		Howie Do It (N)	Howie Do It	(10:01) Dollhouse (N)		News Hour
	12	CBXFT	119 705	Du cœur au ventre (SC)		Paquet voleur (HDTV) (SC)		Une heure sur Terre (SC)		Le Téléjournal et Les Nou		TJ Alberta
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wife Swap (N)		20/20 (HDTV) (N)		20/20
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Sarah Connor Chronicles		(10:01) Dollhouse (N)		News (N)
	19	CHTV	- -	The Insider (N)	E News	20/20 (HDTV) (N)		20/20 (HDTV)		Friday Night Lights (N)		News (N)
news	22	KSPS	- 374	NewsHour With Jim Lehrer		Wash. Week	McLaughlin	Bill Moyers Journal (N)		Great Performances		
	15	CBCN	502 -	CBC News: The National		Doc Zone		CBC News: The National		CBC News: The National		Doc Zone
	54	CTVN	501 391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	20	TSN	400 400	Basketball	SportsCentre		That's Hockey!	SportsCentre	Off the Record	Boxing Friday Night Fights. (HDTV)		
	23	net	408 418	NHL Hockey	Sportsnet Con.	Flames Week	Baseball World Classic -- Teams TBA. (HDTV) From the Tokyo Dome in Tokyo. (Live)					
	47	SPEED	417 406	(6:30) Daytona Bike Week	The Daytona 200. (HDTV)			Trackside At...		NASCAR Racing: Sprint Cup Qualifying		
	94	SCORE	410 403	(6) WWE SmackDown!		Score Tonight		Hardcore Hockey Talk		WWE SmackDown!		
	14	YTV	552 543	iCarly	Family Biz (N)	Fat Albert ** (2004, Comedy)	Kenan Thompson.			Prank Patrol	Prank Patrol	Family Biz
	17	TREE	553 546	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby	Dragon	Backyardigans	Dora-Explorer	Go, Diego, Go!
	45	FAM	557 541	Zoe 101	Latest Buzz	Wizards-Place	Life Is Ruff (2005, Comedy)	Kyle Massey.		Magic in the Water ** (1995, Fantasy)		
family	25	A&E	615 520	CSI: Miami (HDTV)		CSI: Miami (HDTV)		Criminal Minds (HDTV)		CSI: Miami "Pro Per"		CSI: Miami
	29	FOOD	603 561	Kylie Kwong	Gourmets	Diner, Drive-In	Diner, Drive-In	Ramsay's Kitchen Nightmares		Challenge		Kylie Kwong
	32	DISC	520 505	Man vs. Wild "Belize" (N)		Deranged (N)		Daily Planet		Man vs. Wild "Belize"		Project Earth
	38	SPIKE	628 584	DEA (HDTV)		Real Vice	Real Vice	Disorderly Conduct: Video		MANswers	MANswers	GameTrailers
	43	SPACE	627 528	Supernatural		Battlestar Galactica (N)		Predator *** (1987, Science Fiction)		Carl Weathers		Halloween II
	50	STAR	621 56	At the Movies	Living the Life	The Tonight Show-Jay Leno		TMZ	etalk	The View (HDTV)		Ellen Show
cable variety	20	TSN	400 400	NHL Hockey	Sportsnet Con.	Flames Week	Baseball World Classic -- Teams TBA. (HDTV) From the Tokyo Dome in Tokyo. (Live)					
	47	SPEED	417 406	(6:30) Daytona Bike Week	The Daytona 200. (HDTV)			Trackside At...		NASCAR Racing: Sprint Cup Qualifying		
	94	SCORE	410 403	(6) WWE SmackDown!		Score Tonight		Hardcore Hockey Talk		WWE SmackDown!		
	14	YTV	552 543	iCarly	Family Biz (N)	Fat Albert ** (2004, Comedy)	Kenan Thompson.			Prank Patrol	Prank Patrol	Family Biz
	17	TREE	553 546	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small	Max & Ruby	Dragon	Backyardigans	Dora-Explorer	Go, Diego, Go!
	45	FAM	557 541	Zoe 101	Latest Buzz	Wizards-Place	Life Is Ruff (2005, Comedy)	Kyle Massey.		Magic in the Water ** (1995, Fantasy)		
	25	A&E	615 520	CSI: Miami (HDTV)		CSI: Miami (HDTV)		Criminal Minds (HDTV)		CSI: Miami "Pro Per"		CSI: Miami
	29	FOOD	603 561	Kylie Kwong	Gourmets	Diner, Drive-In	Diner, Drive-In	Ramsay's Kitchen Nightmares		Challenge		Kylie Kwong
	32	DISC	520 505	Man vs. Wild "Belize" (N)		Deranged (N)		Daily Planet		Man vs. Wild "Belize"		Project Earth
	38	SPIKE	628 584	DEA (HDTV)		Real Vice	Real Vice	Disorderly Conduct: Video		MANswers	MANswers	GameTrailers
cable variety	43	SPACE	627 528	Supernatural		Battlestar Galactica (N)		Predator *** (1987, Science Fiction)		Carl Weathers		Halloween II
	50	STAR	621 56	At the Movies	Living the Life	The Tonight Show-Jay Leno		TMZ	etalk	The View (HDTV)		Ellen Show

SATURDAY

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/7/09	2	CFRN	239 318	W-FIVE		Law & Order "Chattel"		CSI: Crime Scene Invstgtn.		Without a Trace (HDTV)		News (N)
	3	KHQ	- 370	News (N)	Judge Judy	CSI: NY (HDTV)		The Celebrity Apprentice				Law & Order
	4	CBXT	- 307	NHL Hockey		NHL Hockey San Jose Sharks at Vancouver Canucks. (HDTV) (Live)				HNIC -- After Hours		
	6	KREM	- 372	News (N)	Scrubs	A New Smile, a New Life		CSI: Crime Scene Invstgtn.		Without a Trace (HDTV)		48 Hr. Mystery
	7	CKEM	241 347	Without a Trace		Murdoch Mysteries		Android Apocalypse (2006, Science Fiction)				The City Show
	8	CITV	240 339	To Be Announced		Masterminds	Masterminds	Brothers & Sisters "Troubled Waters" (HDTV)				News (N)
	12	CBXFT	119 705	Le Moment de vérité (SC)		3600 secondes d'extase (SC)		Les Tudor (HDTV) (SC)		Le Téléjournal	Pour un soir	Tellement
	13	KXLY	- 371	News	Explorer TV	Entertainment Tonight		Funnist Home Videos		Brothers & Sisters "Troubled Waters"		
	16	KAYU	- 373	House "Cane & Able"		Two/Half Men	Two/Half Men	Cops (N)	Cops	America's Most Wanted		News (N)
	19	CHTV	- -	Chef School	E News	Cleaverville (2007, Suspense)	Ever Carradine.			Show Yours	G-Spot	E News
news	22	KSPS	- 374	Hope and Praise		As Time Goes By Reunion Special (Part 1 of 2)				Bruce Springsteen & the E Street Band		
	15	CBCN	502 -	Sat. Report	Mansbridge	CBC News: the fifth estate (N)	Sat. Report	Fortune		Sat. Report	Mansbridge	fifth estate
	54	CTVN	501 391	CTV Newsnet-Scott Laurie		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	20	TSN	400 400	(6) Curling Tim Hortons Brier -- Draw 2. (HDTV) (Live)				SportsCentre		Winter X-Games Classix		Billiards
	23	net	408 418	(6) Baseball World Classic -- Venezuela vs. Italy.				Sportsnet Connected		Saturday Night Poker		Sportsnet Con.
	47	SPEED	417 406	AMA Racing: Supercross		Motocross	Motocross	AMA Racing Supercross -- Daytona.		From Daytona Beach, Fla.		NCWTS Setup
	94	SCORE	410 403	Women's University Basketball: CIS Semifinal -- Teams TBA				BodogFight		MMA Show	Strikeforce	Final Score
	14	YTV	552 543	Kid vs. Kat	League-Evil	Prank Patrol	Prank Patrol	Ferris Bueller's Day Off *** (1986, Comedy)				Naruto
	17	TREE	553 546	Bucket-Dinos	Toopy & Binoo	Comfy Couch	Little Bear	Toy Castle	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	45	FAM	557 541	Natural-Sadie	Flight 29 Down	That's-Raven	Zoe 101	Life Derek	Han. Montana	The Mighty *** (1998, Drama)		
family	25	A&E	615 520	(6) Pearl Harbor ** (2001, War)	Ben Affleck.			CSI: Miami (HDTV)		Pearl Harbor ** (2001, War)		
	29	FOOD	603 561	Top Chef		Hell's Kitchen		The F Word		Challenge Chocolate art.		Top Chef
	32	DISC	520 505	Destroyed	Time Warp	Criss Angel	Criss Angel	Guinea Pig (N)	Guinea Pig	Destroyed	Time Warp	Criss Angel
	38	SPIKE	628 584	(6) Star Wars IV: A New Hope (1977, Science Fiction)		Real Vice	Real Vice	Real Vice	Real Vice	Real Vice	Real Vice	Real Vice
	43	SPACE	627 528	X2: X-Men United *** (2003, Fantasy)	Patrick Stewart, Hugh Jackman, Ian McKellen.					Impostor ** (2001, Science Fiction)		
	50	STAR	621 56	Paris Hilton's British Friend		America's Next Top Model (Season Premiere) (N)				Blush: Make-Up Artist		Next Model
cable variety	20	TSN	400 400	(6) Curling Tim Hortons Brier -- Draw 5. (HDTV) (Live)				SportsCentre		Motoring 2009	Wtr. X-Games	Billiards
	23	net	408 418	(6) Baseball World Classic -- Teams TBA. (HDTV) (Live)				Baseball: World Classic		Sportsnet Connected		Flames in Hour
	47	SPEED	417 406	Wind Tunnel-Despain		Pinks -- All Out (HDTV)		Bullrun (HDTV)		Bullrun (HDTV)		Drag Race
	94	SCORE	410 403	Women's University Basketball		World Cup of Poker		Aussie Millions '09		Poker 888.com UK Open.		Final Score
	14	YTV	552 543	How to Eat Fried Worms ** (2006, Comedy-Drama)				Prank Patrol	Prank Patrol	In Real Life		Adrenaline Proj
	17	TREE	553 546	Friend Rabbit	Miss Spider	Bucket-Dinos	Toy Castle	Tipi Tales	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	45	FAM	557 541	Natural-Sadie	Flight 29 Down	That's-Raven	Zoe 101	Life Derek	Han. Montana	Stepmom ** (1998, Drama), Ed Harris		
	25	A&E	615 520	CSI: Miami (HDTV)		The Sopranos (HDTV)		The Sopranos (HDTV)		CSI: Miami (HDTV)		CSI: Miami
	29	FOOD	603 561	Iron Chef America		The Next Food Network Star		The Heat	The Heat	Challenge		Iron Chef Am.
	32	DISC	520 505	Investigation X (N)		MythBusters		Anthony Bourdain		Investigation X		Investigation X
cable variety	38	SPIKE	628 584	UFC Unleashed		Ways to Die	Ways to Die	MANswers	MANswers	MANswers	MANswers	Married... With
	43	SPACE	627 528	Hulk ** (2003, Fantasy)	Eric Bana, Jennifer Connelly, Sam Elliott.					Predator *** (1987, Science Fiction)		
	50	STAR	621 56	Look-A-Like	Look-A-Like	Girl Next Door	Living the Life	Girls Gone Good		Paris Hilton's British Friend		Girl Next Door

SUNDAY

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/8/09	2	CFRN	239 318	Star Wars Clo.	Degrassi: TNG	The Mentalist (HDTV)		The Amazing Race 14		Desperate Housewives		News (N)
	3	KHQ	- 370	News	Best Sports	SNL Game		SNL Just Commercials		The Celebrity Apprentice (N)		
	4	CBXT	- 307	Heartland (N) (DVS)		Diverted (2009, Docudrama) Shawn Ashmore.				CBC News: Sunday Night (N)		Who Do-Think
	6	KREM	- 372	News (N)		60 Minutes		The Amazing Race 14		Cold Case "Jackals" (N)		The Unit
	7	CKEM	241 347	2Half Men	2Half Men	Friends	Hates Chris	Rock of Love Bus		Crusoe		Reviews
	8	CITV	240 339	16:9 Picture	King of the Hill	(8:01) Brothers & Sisters (N)		The Simpsons	King of the Hill	Family Guy (N)	American Dad	News (N)
	12	CBXFT	119 705	Découverte	Et Dieu créa	Tout le monde en parle (HDTV) (SC)					Le Téléjournal	Studio 12 (SC)
	13	KXLY	- 371	News	Basketball	Funnist Home Videos		Extreme Makeover: Home		Desperate Housewives		
	16	KAYU	- 373	Hole in the Wall (N)		The Simpsons	King of the Hill	Family Guy (N)	American Dad	House		News (N)
	19	CHTV	- -	Inside Hollywood		The Best Years (DVS)		Extreme Makeover: Home		The Celebrity Apprentice (N)		
news	22	KSPS	- 374	(6:30) Highland Heartbeat		Great Performances "Hitman: David Foster and Friends"				Visions: The Great Cities of Europe		
	15	CBCN	502 -	CBC News: Sunday Night (N)		Prodigal Sons (2008, Documentary)				CBC News: Sunday Night		Prodigal Sons
	54	CTVN	501 391	CTV Newsnet-Scott Laurie		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	20	TSN	400 400	(6) Curling Tim Hortons Brier -- Draw 5. (HDTV) (Live)				SportsCentre		Motoring 2009	Wtr. X-Games	Bill



Michael Jackson sued a Los Angeles auction house on Wednesday where items from his Neverland estate were to have gone on the block, the Associated Press reports. **PEOPLE.COM**

Sale stopped

Celebrity Buzz



Pitt determined to make it right

CHARITY Brad Pitt stepped away from movies yesterday and put his political hat on to meet Nancy Pelosi, America's Speaker of the House, female-first.co.uk reports.

The movie star is in Washington, D.C., with his partner Angelina Jolie, who is shooting new thriller *Salt* in the U.S. capital, and Pitt is using his time there to make a political statement.

A spokesman for Pelosi's office states, "They will be discussing (Pitt's) Make it Right, a project launched in 2007 to construct affordable and environmentally sustainable housing for low-income residents of the Lower 9th Ward in New Orleans who lost their homes as a result of Hurricane Katrina."

Pitt has been a big part of the rebuilding process in New Orleans, with his project providing funding for a number of re-housing schemes in the area. He created the Make It Right Foundation New Orleans back in 2006 to finance the re-building of 150 new houses. **METRO NEWS SERVICES**

Wise words from mom: Stay single

PEOPLE Paris Hilton has been told to stay single by her mother, female-first.co.uk reports.

The blond beauty has been given some words of wisdom by Kathy Hilton, who believes her daughter feels under pressure to constantly have a boyfriend.

She said: "My dating advice for Paris would be just to take your time. It is OK to be alone. You don't have to always be with someone."

The 28-year-old hotel heiress recently took her latest love interest — Doug Reinhardt from *The Hills* — home to meet her parents just weeks after splitting from Good Charlotte rocker Benji Madden.

Despite warning her daughter to slow down, Kathy admits Reinhardt was "very nice."



METRO NEWS SERVICES

Time apart keeps passion alive, Eva says

MARRIAGE Desperate Housewives star Eva Longoria believes that distance does indeed make the heart grow fonder. She credits the success of her marriage to San Antonio Spurs star Tony Parker to the fact that they spend so much time apart: Her show shoots in L.A., and his team is based in Texas. When they do see each other, "it is a honeymoon, because we only have three days together and we hardly fight because we know we don't have much time," Longoria says, according to *Hollyscoop*. "All the little things that couples argue about — we let them slide."

METRO NEWS SERVICES



Vince engaged

SHOW Vince Vaughn, who's been off the radar since splitting with Jennifer Aniston back in 2006, has reportedly popped the question to girlfriend Kyla Weber, whom he's been quietly dating since last summer.

The *Wedding Crashers* star asked the Canadian real estate agent to marry him over Valentine's Day, according to *Star* magazine.

"They spent a romantic weekend together. He dropped to one knee to propose and presented her with a gorgeous \$125,000 four-carat diamond set in platinum," a source tells the magazine.

"They'll have their wedding either in L.A. or Alberta, and they're both ready to start a family immediately."

METRO NEWS SERVICES



Katie's cover shot makes Lohan livid

CAT FIGHT Lindsay Lohan is feuding with Katie Holmes, femalefirst.co.uk reports.

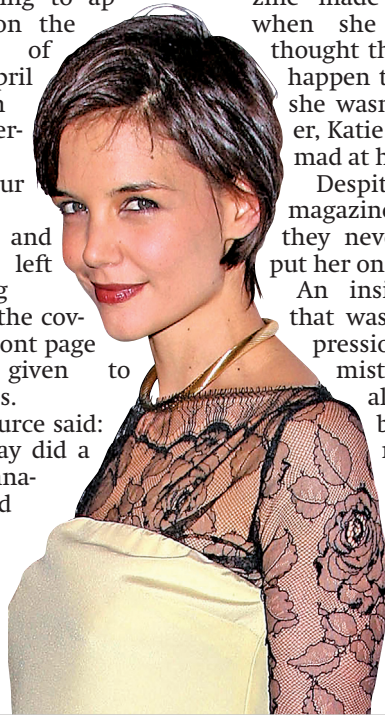
The *Mean Girls* star was expecting to appear on the cover of the April edition of America's *Glamour* magazine and was left fuming when the coveted front page was given to Holmes.

A source said: "Lindsay did a Madonna-themed photo shoot and was totally under the impression it would be the cover."

"Her Marilyn Monroe shoot for *New York Magazine* made her relevant when she did it, she thought the same would happen this time. Only she wasn't on the cover, Katie was, and she's mad at her now."

Despite her gripe, magazine sources insist they never planned to put her on the cover. An insider said: "If that was Lindsay's impression, it was a mistake. She was always going to be inside the magazine."

METRO NEWS SERVICES



Radiohead gives Miley cold shoulder

PEOPLE It looks like not everyone is a Miley Cyrus fan. The 16-year-old Disney star admitted recently to the *Vancouver Sun* that she was snubbed at the Grammys by Thom Yorke and his band, Radiohead. Not only did the band refuse to come meet her, they wouldn't even let her visit their dressing room. "But they were like, 'We don't really do that,'" she said.

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Jarome Iginla



Carey Price



Evgeni Malkin



Roberto Luongo



Alexander Ovechkin



Vesa Toskala

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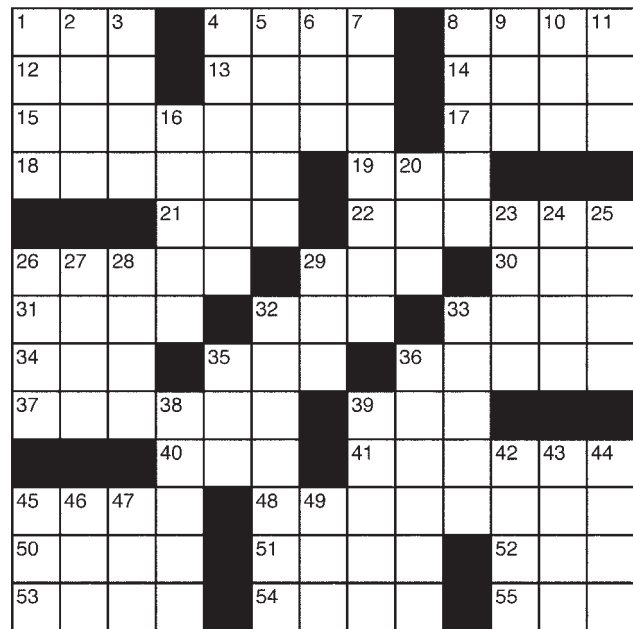
i'm lovin' it®



Michele McDougall, Weather Specialist & Host – Breakfast Television
“My favourite part is reporting the weather. It fascinates me, and as we know around here, it’s always changing, keeping forecasters on their toes.” **WEEKDAYS AT 6 A.M.**



Take Five



Crossword across

- | | | |
|----------------------|-------------------------------|--------------------------|
| 1 “Keep it down!” | chbowl fill | 41 Family subdivisions |
| 4 Touch | 29 Phone transmission | 45 Genie’s home |
| 8 Consider | 30 Galena, e.g. | 48 Break into factions |
| 12 Sailor’s assent | 31 Peregrinate | 50 Theatre award |
| 13 Clean | 32 Snoop | 51 Links props |
| 14 Gumbo ingredient | 33 Cheshire countenance | 52 Rotating part |
| 15 Track star, maybe | 34 Lemieux milieu | 53 Sport |
| 17 Round figure? | 35 Fella | 54 Lip |
| 18 Recluse | 36 Gleam | 55 Storefront-sign abbr. |
| 19 Banjo’s kin | 37 “The Caretaker” playwright | |
| 21 Whichever | 39 Inseparable | |
| 22 Discontent time? | 40 Parisian pal | |
| 26 Yuletide pun- | | |

Crossword down

- | | |
|---------------------------|-----------------------------|
| 1 Cumberbund | 27 Places |
| 2 Advertise big-time | 28 It takes the cake |
| 3 Frau’s mate | 29 Sauté |
| 4 Canopy | 32 Sticklers |
| 5 Nuts | 33 First American orbiter |
| 6 Work with | 35 Jewel |
| 7 High-speed road | 36 Type of layered rock |
| 8 Doughnut-shop order | 38 Diminish gradually |
| 9 — out a living | 39 Lecher’s looks |
| 10 Screw up | 42 Leave a good impression? |
| 11 VIP in China’s history | 43 Posterior |
| 16 Mirror’s offering | 44 Weaponry |
| 20 Breakfast-cereal name | 45 Despondent |
| 23 Spelling or Amos | 46 Copper head? |
| 24 Green land | 47 “Mamma — !” |
| 25 “Monopoly” payment | 49 Shooter ammo |
| 26 Suitcase | |

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:



5	2	7	6	3	8	9	1	4
3	9	1	2	4	5	7	8	6
4	8	6	9	7	1	3	2	5
7	1	2	4	9	3	5	6	8
9	5	8	7	1	6	2	4	3
6	3	4	5	8	2	1	9	7
2	4	5	3	6	9	8	7	1
8	7	3	1	2	4	6	5	9
1	6	9	8	5	7	4	3	2

Find today’s answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Chicken and Potato Curry

INGREDIENTS:

1 chicken, about 3 lbs (1.35 kg), cut into 8 pieces
1/2 tsp (2 ml) ground turmeric
1-1/2-in. (4-cm) piece fresh ginger, peeled and finely chopped
juice of 1/2 lemon
pinch of salt
2 tbsp (25 ml) canola oil
1 dried red chili pepper, halved
1 tsp (5 ml) brown or black mustard seeds
1/2 tsp (2 ml) fennel seeds
1/2 tsp (2 ml) cumin seeds
1/2 tsp (2 ml) ground cinnamon
1 tbsp (15 ml) gram (i.e. pulse) flour
3 garlic cloves, roughly crushed
1/2 green pepper, thinly sliced
1 large onion, sliced
14-oz (398-ml) can chopped tomatoes
2 potatoes, peeled
2 cups (500 ml) thinly sliced cabbage
1 cup (250 ml) frozen peas, thawed and drained

METHOD:

1. Remove skin from chicken. Cut 3–4 slashes in chicken, right to bones. Mix turmeric, ginger, lemon juice and a little salt, then rub all over chicken pieces. Leave to

marinate 30 minutes in a cool place.
2. Heat oil in large, heavy-based frying pan. Add dried chili pepper and mustard, fennel and cumin seeds, and let splutter and pop for a few minutes. Stir in cinnamon and gram flour. Watch carefully so spices do not burn.
3. Add garlic, pepper and onion to spice mixture and cook a few minutes, stirring. Add chicken and tomatoes and stir. Cover and cook 15 minutes.
4. Meanwhile, cook potatoes in a pot of boiling water for 5 minutes. Drain and cut into bite-sized pieces. Blanch cabbage in separate pot of boiling water 1 minute, then drain.
5. Add potatoes and cabbage to curried chicken and stir. Cover pan and continue to simmer over moderately low heat 20–25 minutes, or until chicken is completely cooked and tender. Add peas and warm through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month’s Reader’s Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A man is conspicuous by being anxious. You’ll get no satisfaction from lying. Don’t play meaningless games.



TAURUS
APRIL 21-MAY 21
A peer makes your effort succeed. A madman is coming to visit. Progress is made by giving unconditional love.



GEMINI
MAY 22-JUNE 21
A woman improves your working conditions. Talk about the past to save the day. Give someone an adoring smile.



CANCER
JUNE 22-JULY 22
A tough guy solves a ridiculous mystery. Deal with ethical problems. A dream delivers a bolt from the blue.



LEO
JULY 23-AUG 23
Silly claims are made by a trend-setter. Have faith in a family member. Refuse to annoy your neighbours.



VIRGO
AUG 24-SEPT 22
A great romance will be inspiring. You’ll find a solution for an impolite person. An old friend tries to pull a fast one.



LIBRA
SEPT 23-OCT 23
An oddball makes cautious statements. A conservative man’s challenge must be faced. An annoying person’s advice won’t make sense.



SCORPIO
OCT 24-NOV 22
A bureaucrat will change his tune. A mediator makes a save. Don’t advise a friend to tell a secret.



SAGITTARIUS
NOV 23-DEC 21
Persist even when you’re faced with serious doubts. Risky witticisms trample someone’s privacy. You’ll be challenged by a mediocre person.



CAPRICORN
DEC 22-JAN 20
Someone neglects important details. Give support or fall into despair. A man has done a good job of covering his tracks.



AQUARIUS
JAN 21-FEB 18
Making unnecessary noise will harm your progress. A sorrowful friend is superficial. A buddy needs to see kindness in someone.



PISCES
FEB 19-MARCH 20
Physical fitness makes a conquest sweeter. You’ll solve a problem after a hectic day. Social activities are a setting for embarrassment.



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This day in history

MARCH 6, 1834: York, Upper Canada is incorporated as Toronto.
MARCH 6, 1869: Dmitri Mendeleev presents the first periodic table to the Russian Chemical Society.
MARCH 6, 1899: Bayer registers Aspirin as a trademark.
MARCH 6, 1964: Nation of Islam’s Elijah Muhammad officially gives boxing champion Cassius Clay the name Muhammad Ali, meaning “Beloved of Allah.”
MARCH 6, 1981: After 19 years presenting the CBS Evening News, Walter Cronkite signs off for the last time.

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